


Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 7: Grains Component
Part C – Ounce Equivalents




Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

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Module 7 Topics

Requirements for Grains Component	Covered in
1. Crediting	Part A
2. Whole grain-rich (WGR)	Part B
3. Ounce equivalents (oz eq)	Part C



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Bite Size Training Modules

- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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Key Points About Grain Ounce Equivalents

- Required starting October 1, 2021
- 1 oz eq is not the same as 1 ounce
- Grain products credit based on **weight**, except cereal grains and ready-to-eat (RTE) breakfast cereals, which credit based on **volume (cups)**
- Serving size on a commercial product's package may or may not equal 1 oz eq

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Required Servings for Grains Component

CACFP Meal Pattern for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 *
Breakfast	½ oz eq	½ oz eq	1 oz eq
Lunch/supper	½ oz eq	½ oz eq	1 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq


* During COVID, emergency shelters include participants through age 24

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Serving Size for Grains

- May offer **one or more** grain menu items to meet the minimum requirement
- Example for lunch/supper ages 6-12: 1 oz eq required



½ oz eq + ½ oz eq = 1 oz eq

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Serving Size for Grains

- Minimum creditable amount = $\frac{1}{4}$ oz eq




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How much is 1 ounce equivalent?

- 1 oz eq is *not* the same as 1 ounce




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How much is 1 ounce equivalent?

- 1 oz eq = *1 ounce* for breads, pasta, rice, and cooked and RTE breakfast cereals




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How much is 1 ounce equivalent?

- 1 oz eq = *less than 1 ounce* for some grain foods




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How much is 1 ounce equivalent?

- 1 oz eq = *more than 1 ounce* for some grain foods



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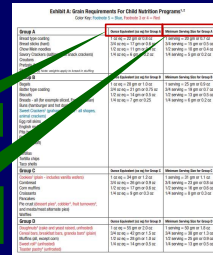
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USDA's Exhibit A: Grain Requirements for CNPs

- Defines required quantities of grains for all Child Nutrition Programs

Grain oz eq

Grain servings



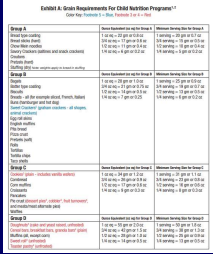
<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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USDA's Exhibit A: Grain Requirements for CNPs

- Defines required quantities of grains for all Child Nutrition Programs
- 1 oz eq = 16 grams of creditable grains
- 1 serving = 14.75 grams of creditable grains



<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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USDA's Exhibit A: Grain Requirements for CNPs

- Required quantities are *not the same* for all CNPs

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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Required Grain Quantities for CNP Meal Patterns

Grain oz eq	Grain servings
<ul style="list-style-type: none"> National School Lunch Program (NSLP) and School Breakfast Program (SBP): grades K-12 NSLP/SBP: preschoolers, effective October 1, 2021 CACFP: effective October 1, 2021 	<ul style="list-style-type: none"> Summer Food Service Program (SFSP) Afterschool Snack Program (ASP) of the NSLP: grades K-12 NSLP/SBP: preschoolers, through September 30, 2021 CACFP: through September 30, 2021

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

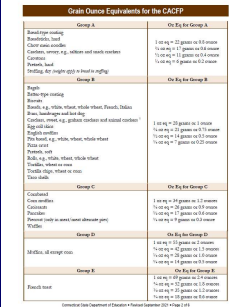
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CSDE Resource

Grain Ounce Equivalents for the CACFP

- Includes Exhibit A grain ounce equivalents that apply to the CACFP
- Excludes grain-based desserts



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

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USDA's Exhibit A: Grain Requirements for CNPs

Grain group	Credits by
A-G: Baked goods *	Weight
H: Cereal grains	Cooked volume (cups)
I: RTE breakfast cereals	Volume (cups)


* Groups F-G = grain-based desserts (do not credit in the CACFP)

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Ounce Equivalents for Grain Groups


- Groups A-E: Baked Goods
- Group H: Cereal Grains
- Group I: RTE Breakfast Cereals




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Groups A-E: Required Weight for 1 Oz Eq



Group A
22 grams



Group B
28 grams



Group C
34 grams



Group D
55 grams




Group E
69 grams

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Rounding Requirements

- Oz eq contribution
- Number of pieces per oz eq




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Rounding Requirements for Oz Eq Contribution

- Round **DOWN** oz eq to nearest $\frac{1}{4}$ oz eq



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Rounding Requirements for Oz Eq Contribution

- Round **DOWN** oz eq to nearest $\frac{1}{4}$ oz eq

Examples

- 1.49 oz eq bagel = 1.25 oz eq
- 1.27 oz eq muffin = 1.25 oz eq
- 1.24 oz eq bread = 1 oz eq






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Rounding Requirement for Number of Pieces

- Round **UP** to nearest whole number




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Rounding Requirement for Number of Pieces

- Round **UP** to nearest whole number

1 oz eq =	Must serve
4.2 crackers	5 crackers


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Rounding Requirement for Number of Pieces

- Round **UP** to nearest whole number

1 oz eq =	Must serve
4.2 crackers	5 crackers
6.7 pretzels	7 pretzels




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Remember: Summary of Rounding Requirements

- Oz eq contribution:**
Round **DOWN** oz eq to nearest $\frac{1}{4}$ oz eq
- Number of pieces per oz eq:**
Round **UP** to nearest whole number




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Considerations for Determining Oz Eq Contribution of Breads

- 1 oz eq for Group B = 1 ounce (28 grams)
- 1 slice does **not** always weigh 1 ounce
 - Thin bread
 - Low/reduced calorie bread
 - Light



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Considerations for Determining Oz Eq Contribution of Sliced Bread

- Number of slices per serving
- If serving size lists **2 slices**, divide serving weight by 2



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Does 1 slice provide ≥ 1 oz eq?

No

Example 1: Multigrain Bread

Nutrition Facts	
Serving Size	2 slices (44g)
Servings per container	about 26
Amount per serving	
Calories	45

1 slice = 22 grams

Oz eq contribution per slice

- 22 grams \div 28 grams = 0.78 oz eq
- Round down to 0.75 or $\frac{3}{4}$ oz eq

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Does 1 slice provide ≥ 1 oz eq? **Yes**

Example 2: Honey Wheat Bread

Nutrition Facts	
About 14 Servings per container	
Serving Size	1 slice (49g)
Amount per serving	
Calories	70

Oz eq contribution per slice

- 49 grams \div 28 grams = 1.75 or **$1\frac{3}{4}$ oz eq**

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Does 1 slice provide ≥ 1 oz eq? **No**

Example 3: Enriched White Sandwich Bread

Nutrition Facts	
Serving Size	2 slices (50g)
Servings per container 9	
Amount per serving	
Calories	130

Oz eq contribution per slice

- 25 grams \div 28 grams = 0.89 oz eq
- Round down to 0.75 or **$\frac{3}{4}$ oz eq**

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Does 1 slice provide ≥ 1 oz eq? **No**

Example 4: Enriched Wheat Bread

Nutrition Facts	
Serving Size	1 slice (26g)
Servings per container 22	
Amount per serving	
Calories	70

Oz eq contribution per slice


- 26 grams \div 28 grams = 0.92 oz eq
- Round down to 0.75 or **$\frac{3}{4}$ oz eq**

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Ounce Equivalents for Grain Groups

- Groups A-E: Baked Goods
- Group H: Cereal Grains
- Group I: RTE Breakfast Cereals



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Required Quantity for Cereal Grains (Group H)

Type of cereal grain ¹	$\frac{1}{2}$ oz eq		1 oz eq
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Dry	14 grams ($\frac{1}{2}$ ounce)	14 grams ($\frac{1}{2}$ ounce)	28 grams (1 ounce)

¹ Examples include as barley, buckwheat, cornmeal, farina, millet, oats, quinoa, wheat berries, and rolled wheat


² During COVID, emergency shelters include participants through age 24

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Ounce Equivalents for Grain Groups

- Groups A-E: Baked Goods
- Group H: Cereal Grains
- Group I: RTE Breakfast Cereals



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Required Quantity for RTE Breakfast Cereals (Group I)			
Type of cereal	½ oz eq = ½ ounce		1 oz eq = 1 ounce
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ¹
Flakes or rounds	½ cup	½ cup	1 cup
Puffed	¾ cup	¾ cup	1½ cups
Granola	¾ cup	¾ cup	¾ cup

¹ During COVID, emergency shelters include participants through age 24

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Two Methods to Determine Ounce Equivalents Contribution

- Method 1: Weight or volume in USDA's Exhibit A chart**
 - Refer to CSDE's *Grain Ounce Equivalents for the CACFP*
- Method 2: Creditable grains**
 - Requires product formulation statement (PFS) from manufacturer

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

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CSDE Resource

Calculation Methods for Grains Ounce Equivalents for the CACFP

- Method 1: weight or volume in USDA's Exhibit A chart**
- Method 2: grams of creditable grains**

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP_02eq.pdf

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Method 1: Weight or Volume (USDA's Exhibit A Chart)

Description	<ul style="list-style-type: none"> Uses USDA's Exhibit A chart (refer to <i>Grain Ounce Equivalents for the CACFP</i>)
To use for commercial products	<ul style="list-style-type: none"> Must know <i>serving weight</i> <ul style="list-style-type: none"> Nutrition Facts label PFS
To use for foods made from scratch	<ul style="list-style-type: none"> Must know weight of <i>cooked serving</i> <ul style="list-style-type: none"> May require yield study to determine average serving weight

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>

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Steps to Determine Ounce Equivalents Using Exhibit A Chart

- Multiple small pieces per serving**
- Multiple large pieces per serving**
- One piece per serving**


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How to Use USDA's Exhibit A Chart:

Grain products with multiple small pieces per serving

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Example: Whole-grain Crackers



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Using Exhibit A: Multiple Small Pieces

1 Determine the required weight for 1 oz eq

Group A	Oz Eq for Group A
Bread-type coating	
Breadsticks, hard	
Chow mein noodles	
Crackers, savory, e.g., saltines and snack crackers	1 oz eq = 22 grams or 0.8 ounce
CROUTONS	1/4 oz eq = 17 grams or 0.6 ounce
Pretzels, hard	1/2 oz eq = 11 grams or 0.4 ounce
Stuffing, dry (weights apply to bread in stuffing)	1/4 oz eq = 6 grams or 0.2 ounce

Find the product in the chart: **Group A**

Look for the required amount that provides 1 oz eq: **22 grams**

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Using Exhibit A: Multiple Small Pieces

2 Use the Nutrition Facts label to find *serving weight*, usually in grams (g)

Nutrition Facts	
About 9 Servings per container	
Serving Size	6 crackers (28g)
Amount per serving	
Calories	120

Serving weight = **28 grams**



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Using Exhibit A: Multiple Small Pieces

3 Use the Nutrition Facts label to find the *pieces per serving*

Nutrition Facts	
About 9 Servings per container	
Serving Size	6 crackers (28g)
Amount per serving	
Calories	120

Pieces per serving = **6 crackers**



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Using Exhibit A: Multiple Small Pieces

4 Determine the *weight per piece*

A Manufacturer's serving weight: **28 grams**

B Number of pieces (crackers): **6 crackers**

Weight per piece = A ÷ B: **4.67 grams per cracker**



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Using Exhibit A: Multiple Small Pieces


5 Determine *number of pieces* for 1 oz eq

A Required weight for 1 oz eq (Exhibit A): **22 grams**

B Weight per piece (cracker): **4.67 grams**

Number of pieces per oz eq = A ÷ B: **4.7 crackers**

Round UP number of pieces to next whole number: **5 crackers**



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How to Use USDA's Exhibit A Chart:


Grain products with multiple large pieces per serving



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Example: Enriched pancakes




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Using Exhibit A: Multiple Large Pieces

1 Determine the required weight for 1 oz eq

Group C	Oz Eq for Group C
Cornbread	1 oz eq = 34 grams or 1.2 ounces
Corn muffins	¼ oz eq = 26 grams or 0.9 ounce
Croissants	½ oz eq = 17 grams or 0.6 ounce
Pancakes	¾ oz eq = 9 grams or 0.3 ounce
Piecrust (only in meat/meat alternate pies)	
Waffles	




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Using Exhibit A: Multiple Large Pieces

1 Determine the required weight for 1 oz eq

Group C	Oz Eq for Group C
Cornbread	1 oz eq = 34 grams or 1.2 ounces
Corn muffins	¼ oz eq = 26 grams or 0.9 ounce
Croissants	½ oz eq = 17 grams or 0.6 ounce
Pancakes	¾ oz eq = 9 grams or 0.3 ounce
Piecrust (only in meat/meat alternate pies)	
Waffles	




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Using Exhibit A: Multiple Large Pieces

2 Use the Nutrition Facts label to find *serving weight*, usually in grams (g)

Nutrition Facts	
4 Servings per container	
Serving Size	3 pancakes (116g)
Amount per serving	
Calories	280




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Using Exhibit A: Multiple Large Pieces

3 Use the Nutrition Facts label to find the *pieces per serving*

Nutrition Facts	
4 Servings per container	
Serving Size	3 pancakes (116g)
Amount per serving	
Calories	280



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Using Exhibit A: Multiple Large Pieces

4 Determine the *weight per piece*

A Manufacturer's serving weight: 115 grams

B Number of pieces (pancakes): 3 pancakes

Weight per piece = $A \div B$: 38.3 grams per pancake



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Using Exhibit A: Multiple Large Pieces


5 Determine *oz eq per piece*

A Weight of piece (one pancake): 38.3 grams

B Required weight for 1 oz eq (Exhibit A): 34 grams

Oz eq per piece (pancake) = $A \div B$: 1.13 oz eq

Round **DOWN** to nearest $\frac{1}{4}$ oz eq: 1 oz eq



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How to Use USDA's Exhibit A Chart:


Grain products with one piece per serving



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Example: Whole Grain-rich Blueberry Muffin




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Using Exhibit A: One Piece

1 Determine the required weight for 1 oz eq

Group C	Oz Eq for Group C
Cornbread	1 oz eq = 34 grams or 1.2 ounces
Corn muffins	$\frac{1}{4}$ oz eq = 26 grams or 0.9 ounce
Croissants	$\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce
Pancakes	$\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce
Piecrust (only in meat/meat alternate pies)	
Waffles	



Group D	Oz Eq for Group A
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces
	$\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces
	$\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce
	$\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce




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Using Exhibit A: One Piece

1 Determine the required weight for 1 oz eq

Group D	Oz Eq for Group A
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces
	$\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces
	$\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce
	$\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce



Find the product in the chart: **Group D**

Look for the required amount that provides 1 oz eq: **55 grams**

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Using Exhibit A: Multiple Pieces

2 Use the Nutrition Facts label to find *serving weight*, usually in grams (g)

Nutrition Facts	
Serving Size	1 muffin (57g)
Servings per container	6
Amount per serving	
Calories	210

Serving weight = 57 grams



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Using Exhibit A: Multiple Pieces


3 Determine *oz eq per piece*

A Manufacturer's serving weight: **57 grams**

B Required weight for 1 oz eq (Exhibit A): **55 grams**

Oz eq per serving = A ÷ B: **1.04 oz eq**

Round **DOWN** to nearest ¼ oz eq: **1 oz eq**



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Oz Eq Resources for Commercial Grain Products



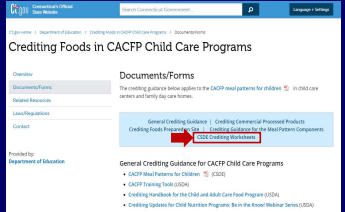
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CSDE Resource

Grain Crediting Worksheets for Commercial Products

- Commercial Grain Products
- RTE Breakfast Cereals
- Cooked Breakfast Cereals



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

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USDA Resource

FBG Exhibit A Grains Tool: Commercial Products



<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

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USDA Resource

How to Maximize the Exhibit A Grains Tool



<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>

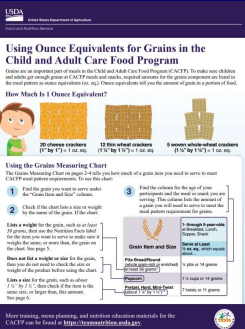
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USDA Resource

Webpage: Using Ounce Equivalents for Grains in the CACFP

- Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

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USDA Resource

Crediting Single-Serving Packages of Grains in the CACFP

- Handouts and webinars in English and Spanish



<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

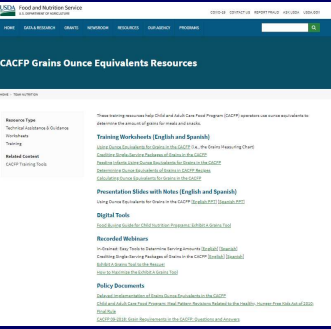
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USDA Webpage

CACFP Grains Ounce Equivalents Resources

- Handouts
- Training slides
- Recorded webinars
- Policy documents




<https://www.fns.usda.gov/tn/grains-ounce-equivalents-resources-cacfp>

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Method 2: Creditable Grains

Description	<ul style="list-style-type: none"> Determines weight (grams) of creditable grains per portion Groups A-E: 1 oz eq = 16 grams Group H: 1 oz eq = 28 grams
To use for commercial products	<ul style="list-style-type: none"> Must have PFS indicating weight of creditable grains per serving
To use for foods made from scratch	<ul style="list-style-type: none"> Recipe must list weight of each grain ingredient If weight is not listed, must convert cups to grams



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP_02eq.pdf

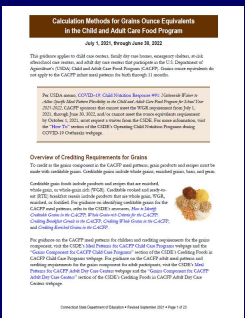
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CSDE Resource

Calculation Methods for Grains Ounce Equivalents for the CACFP

- Method 1: weight or volume in USDA's Exhibit A chart
- Method 2: grams of creditable grains



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP_02eq.pdf

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Summary: When to Use Each Method

Grain food	Most common method
Commercial products	Method 1: Exhibit A <ul style="list-style-type: none"> Note: Some products require method 2
Foods made from scratch	Method 2: Creditable grains <ul style="list-style-type: none"> Note: Cannot use method 1 unless know serving weight

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Five Situations when Method 2 is Required for Commercial Products



https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

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Five Situations when Method 2 is Required for Commercial Products

1. A creditable grain is *not first ingredient*, but product contains *more than one* creditable grain
2. A combination food that contains a grain portion is *not Child Nutrition (CN) labeled*
3. Manufacturer claims serving size is *less* than amount in USDA's Exhibit A chart
4. Product *not listed* in USDA's Exhibit A chart

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Five Situations when Method 2 is Required for Commercial Products

5. *Applies only to WGR crediting:* First ingredient in commercial grain product is a *flour blend* of whole and enriched flour


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CSDE Resource

Using Product Formulation Statements in the CACFP

- Required information
- Reviewing PFS
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFSscacfp.pdf>

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Oz Eq Resources for Grain Recipes



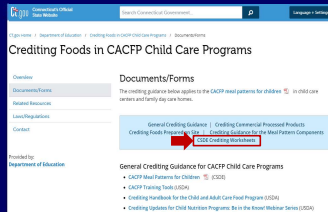
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CSDE Resource

Grain Crediting Worksheets for Foods Made from Scratch

- Quantity recipes
- Family-size recipes



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents/CreditingWorksheets>

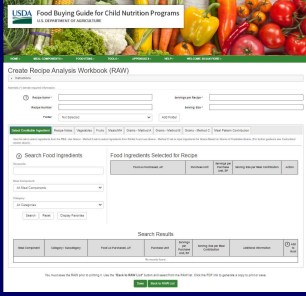
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USDA Resource

FBG Recipe Analysis Workbook (RAW): Standardized Recipes

- Determines meal pattern contribution of recipes
- Must create free eAuth Account



<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

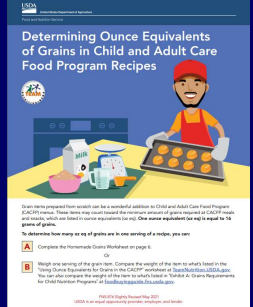
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USDA Resource

Determining Ounce Equivalents of Grains in CACFP Recipes

- English and Spanish




<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

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USDA Memo COVID-19: Child Nutrition Response #91

Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the CACFP for School Year 2021-2022



<https://www.fns.usda.gov/cn/child-nutrition-response-91>

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USDA Memo COVID-19: Child Nutrition Response #91

- Allows states to approve requests from CACFP sponsors to waive three meal pattern requirements
 - at least one serving per day must be WGR
 - *crediting of grains by ounce equivalents must be fully implemented by October 1, 2021*
 - low-fat milk (1%) must be unflavored

<https://portal.ct.gov/SDE/Nutrition/Operating-Child-Nutrition-Programs-during-COVID-19-Outbreaks/How-To>

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USDA Memo COVID-19: Child Nutrition Response #91

- Must apply to the CSDE
- If approved, WGR waiver is valid for *July 1, 2021, through June 30, 2022*
- Without CSDE-approved waiver, CACFP menus *must use ounce equivalents* by October 1, 2021

<https://portal.ct.gov/SDE/Nutrition/Operating-Child-Nutrition-Programs-during-COVID-19-Outbreaks/How-To>

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Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/M meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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Office of the Assistant Secretary for Civil Rights
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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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